



16th Annual Sleep Conference  
April 23 – 24, 2021

*\*This Year We Are Virtual\**

*Join us for...*

*an exceptional educational experience with outstanding speakers during our premier virtual conference!*

**Target Audience includes:**

Physicians, Psychologists, Technologists, Therapists, Nurses, Dentists and other health care professionals working in the field of sleep medicine or sleep research.

**WVSS Conference Goals & Objectives**

After the conclusion of the program, the attendees should be able to:

- Discuss current best practice based on evidence based medicine and current research in various sleep medicine topics.
- Describe implementation of these best practice recommendations in clinical settings.
- Change clinical practice to improve patient outcomes.

Application has been made to The American Association of Sleep Technologists for CECs. These credits have historically been accepted by the WVBORC as continuing education for respiratory therapists.

This activity has been planned in accordance with the accreditation requirements and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the WVU School of Medicine and the West Virginia Sleep Society. The WVU School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The WVU Office of CME designates this live activity for a maximum of 11 *AMA PRA Category 1 Credits*<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This continuing education activity has been provided by the WVU School of Nursing for 13.2 contact hours. The WVU School of Nursing is an approved provider of continuing education by the State of West Virginia Board of Examiners for Registered Professional Nurses, Legislative Rule #19CSR11-4 under provider number 50-26086.

# Program for the 2021 Sleep Conference

## Friday, April 23, 2021

8:00 Announcements

8:30 Cardio Vascular Disease and Sleep Apnea  
Joseph Anderson, CCSH, RPSGT, RST, RPFT, CRT-NPS

9:30 Autism and children with ODD  
Jodi Lindsey, MD and Jenna Wallace, PsyD

10:30 Vendor Visit

11:00 Sleep Apnea and Obesity in Children  
Cassandra Arevalo Marcano, MD

12:00 Lunch

1:00 Narcolepsy: A Practical Approach and New  
Treatments  
Sam Atassi, MD

2:00 Vendor Visit

2:30 Obesity Hypoventilation Syndrome  
Joseph Anderson, CCSH, RPSGT, RST, RPFT, CRT-NPS

3:30 Effects of Disrupted Circadian Rhythms by Light at  
Night on Brain, Sleep, and Behavior  
Randy Nelson PhD

4:30 Dismissed

## Saturday, April 24, 2021

8:00 Announcements

8:30 The A to Zzzs of Oral Appliance Therapies  
Jeanne K. Bailey, DDS

9:30 The X, Y, and Zzzz's of Wearable Consumer Devices  
Lauren Rentz

10:30 Member Meeting/Elections/Treasurer report/vendor  
visit

11:00 CBT-I: Stretching the limits. Trouble shooting with  
examples of difficult Case Studies  
Helena Rempala, PhD

12:00 Lunch

1:00 "Umm.....What are You Doing?" Parasomnias from  
the Technologist's Perspective  
Rebecca Muter, RPSGT

2:00 Advanced Titrations  
Robert Stansbury, MD and Brad Weaver, RRT, RPSGT

3:00 Dismissed

## Disclosure

All those in a position to control content of this program have indicated that they have no relevant interests to disclose.

# Faculty

**Joseph Anderson, CCSH, RPSGT, RST, RPFT, CRT-NPS** is a frequent international speaker and educator who is multi-credentialed in Sleep, Clinical Sleep Health Education, Respiratory Therapy, and Pulmonary Function. He continues to author numerous sleep and respiratory publications and texts. He developed the sleep industry's first digital interactive sleep education program, the industry's first sleep podcast series, and the industry's first sleep education app for both Apple and Android.

**Cassandra Arevalo Marcano, MD** is Board Certified in Pulmonary and specializes in pediatrics. She is an assistant professor at WVU.

**Sam Atassi, MD** is board certified in sleep medicine, and serves as the medical director at The Thomas Sleep Center.

**Jeanne K. Bailey, DDS.** is the current President of the American Academy of Craniofacial Pain. She serves on the American Board of Craniofacial Dental Sleep Medicine (ABCDSM). She has been instrumental in creating psychometric credentialing standards in the field of Craniofacial Pain, Temporomandibular Joint Disorders and Sleep Breathing Disorders for the American Dental Association, ABCP and ABCDSM. Dr. Bailey has attained several certification including ABCP Diplomate (DABCP), ABCDSM Diplomate (DABCDSM), American Board of Dental Sleep Medicine Diplomate (DABDSM) and American Academy of Pain Management Diplomate (DAAPM). Dr. Bailey currently works as a clinical practitioner with WV Sleep and TMJ Treatment Center.

**Jodi Lindsey, MD** is a board certified child neurologist and neurodevelopmental disabilities specialist who is the director of the WVU Medicine Children's Neurodevelopmental Center and practices both clinically and academically through WVU Medicine.

**Rebecca Muter, RPSGT** Is the current President of the West Virginia Sleep Society and has been a sleep technologist for 15 years. She currently works at multiple sleep labs in West Virginia.

**Randy Nelson, PhD** is chair and professor of WVU Neuroscience and has published over 30 papers on the effects of exposure to light at night and disrupted circadian rhythms on sleep and health.

**Helena Rempala, PhD** is Board Certified in Clinical Psychology, a Licensed Psychologist, and Assistant Professor (Clinical) at the Ohio State University Department of Psychiatry and Behavioral Health.

**Lauren Rentz** is an Exercise Physiology PhD student at WVU's Rockefeller Neuroscience Institute. Her primary research focus is in human performance and recovery, which includes longitudinal monitoring and modulation techniques for recovery.

**Robert Stansbury, MD** is Board Certified in Sleep Medicine, Pulmonary and Critical Care. He is an Assistant Professor at WVU and the current medical director of the WVU Medicine Sleep Center.

**Jenna Wallace, PsyD** is a licensed clinical psychologist who earned her doctoral degree at Marshall University and has completed specialized training in the behavioral management of sleep disorders in children. She contributed a book chapter: "Sleep Concerns in Children with Autism Spectrum Disorder" in the Handbook of Parent-Child Interaction Therapy for Children on the Autism Spectrum.

**Brad Weaver, RRT, RPSGT** has years of experience in both the sleep and respiratory. He is currently serving our Veterans at the VA Hospital in Clarksburg, WV.

# Registration

**Register now** for the best rate. On-line registration with payment is available on the website at [www.sleepsocietywv.org](http://www.sleepsocietywv.org)

Your registration fee includes **complimentary** membership in the West Virginia Sleep Society.

To register by mail, check the appropriate category below and complete the registration form on the following page.

Mail to:

West Virginia Sleep Society  
c/o Rebecca Muter  
2243 Independence Rd.  
Independence, WV 26374

You can also scan the registration form to:  
[sleepsocietywv@outlook.com](mailto:sleepsocietywv@outlook.com)

Please note physicians, physician assistants, and nurse practitioners have a fee for the registration as well as a fee for CMEs. Please choose registration only if you wish to attend, but not to receive CMEs. Sleep technologist and respiratory therapists need only to choose the registration option as CEUs are included in the registration fee.

## **EARLY BIRD (received by 11:59 PM April 20)**

- Friday/Saturday registration: \$150.00
- Friday registration only: \$75.00
- Saturday registration only: \$70.00
- Charge for CME: \$50.00

## **STANDARD (received by 12:00 AM April 21)**

- Friday/Saturday registration: \$200.00
- Friday registration only: \$100.00
- Saturday registration only: \$95.00
- Charge for CME: \$50.00

**2020-2021 West Virginia Sleep Society Registration and Membership Application**  
**COMPLIMENTARY MEMBERSHIP FEE TO MEETING ATTENDEES**

**NAME (please print):** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY/STATE/ZIP:** \_\_\_\_\_

**TELEPHONE DAY:** \_\_\_\_\_ **EVENING:** \_\_\_\_\_

**E-MAIL (please print):** \_\_\_\_\_

**CREDENTIALS:(circle one):** **DABSM**      **MD**      **DO**      **PhD**

**RPSGT/RST**      **RRT**      **REETG**      **OTHER:** \_\_\_\_\_

To receive the latest information via e-mail about upcoming programs and services please read and sign the following required statement:

I agree to receive newsletters, notices, advertisements, announcements, brochures, invoices and other information from the West Virginia Sleep Society and it's representatives via facsimile and/or e-mail. My express permission to e-mail me such notices, invoices and other information will continue and have no date of expiration.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Additional donation enclosed:** \$ \_\_\_\_\_

Please make checks payable to: West Virginia Sleep Society

Mail to: West Virginia Sleep Society

c/o Rebecca Muter

2243 Independence Rd.

Independence, WV 26374

I would like to join a committee, please contact me.

**Specific interest(s):** \_\_\_\_\_

For additional information contact: Rebecca Muter 304-290-3580 (sleepsocietywv@outlook.com)